

## Safe Work for Young Workers

Safe work is rewarding work. Your employer has the responsibility to provide a safe workplace. Employers must follow all OSHA safety and health standards to prevent you from being injured or becoming ill on the job. If you are under age 18, there may be limits on the hours you work, the jobs you do and the equipment you use. Learn about the **federal** and **state** wage and hour child labor laws that apply to you.

### You Have Rights at Work

You have the right to:

- Work in a safe place.
- Receive safety and health training in a language that you understand.
- Ask questions if you don't understand instructions or if something seems unsafe.
- Use and be trained on required safety gear, such as hard hats, goggles and ear plugs.
- Exercise your workplace safety rights without retaliation or discrimination.

**Workers < 25 years old  
were **TWICE AS LIKELY**  
to end up in the  
emergency room  
as those 25 and older**



### Your Employer Has Responsibilities

Your employer must:

- Provide a workplace free from serious recognized hazards and follow all OSHA safety and health standards.
- Provide training about workplace hazards and required safety gear.\*
- Tell you where to get answers to your safety or health questions.
- Tell you what to do if you get hurt on the job.

*\*Employers must pay for most types of safety gear.*



### Ways to Stay Safe on the Job

To help protect yourself, you can:

- Report unsafe conditions to a shift/team leader or supervisor.
- Wear any safety gear required to do your job.
- Follow the safety rules.
- Ask questions.
- Ask for help if needed.



**Young workers get injured or sick on the job** for many reasons, including:

- Unsafe equipment
- Inadequate safety training
- Inadequate supervision
- Dangerous work that is illegal or inappropriate for youth under 18
- Pressure to work faster
- Stressful conditions

**Workplace hazards** associated with specific jobs are another major cause of injuries and illnesses. Employers must work to reduce or minimize hazards in the workplace and train employees how to work safely on the job.

Source: [osha.gov](http://osha.gov)



## Labor Rights Week

# Your **WORK** has *Dignity*

Labor Rights Week 2016

Every year during Labor Rights Week, federal agencies, consulates and embassies as well as educational, labor, and community organizations join together to remind the nation's most vulnerable workers that everyone who works in the United States has the same workplace rights. This year, the week runs from **Aug. 29 to Sept. 4** with events taking place all over the country.

During Labor Rights Week, we remind **ALL those that work in the United States of their right to:**

- A safe and healthy workplace free of obvious hazards
- Fair wages — including overtime pay and the federal minimum wage
- Say something to your employer about unsafe conditions or unfair wages Contact [OSHA](#), [The Wage and Hour Division](#), or the [Equal Employment Opportunity Commission](#) if your rights have been violated

Source: [osha.gov](#)

## Weather Safety: Lightning

### What You Should Know About Being Caught Outside Near a Thunderstorm

There is no safe place outside in a thunderstorm. Plan ahead to avoid this dangerous situation! If you're outside and hear thunder, the only way to significantly reduce your risk of becoming a lightning casualty is to get inside a substantial building or hard-topped metal vehicle as fast as you can. In addition, you should avoid the following situations which could increase your risk of becoming a lightning casualty. Remember – there is no substitute for getting to a safe place.

- ◆ **Avoid open areas.** Don't be the tallest object in the area.
- ◆ **Stay away from isolated tall trees, towers or utility poles.** Lightning tends to strike the taller objects in an area.
- ◆ **Stay away from metal conductors such as wires or fences.** Metal does not attract lightning, but lightning can travel long distances through it.

If you are with a group of people, spread out. While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

Source: NOAA

### Lightning Myths and Facts

**Myth:** Lightning never strikes the same place twice.

**Fact:** Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit an average of 23 times a year

**Myth:** A lightning victim is electrified. If you touch them, you'll be electrocuted.

**Fact:** The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning Myths. Imagine if someone died because people were afraid to give CPR!

**Myth:** If outside in a thunderstorm, you should seek shelter under a tree to stay dry.

**Fact:** Being underneath a tree is the second leading cause of lightning casualties. Better to get wet than fried!

